



Martin J. Chávez, Mayor

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12 Simple Rules for Healthy Eating

1. Eat 5-9 servings of fruits and vegetables daily.
2. Use whole grains instead of refined (white) bread, rice, cereal or pasta.
3. Cut back on sweetened drinks and soda. A 12oz. can of soda contains 10 tps of sugar or high fructose corn syrup (empty calories that do not satisfy hunger.)
4. Limit fats to less than 20% of daily intake. Avoid saturated or trans fats and replace with plant based oils - olive, canola and peanut.
5. Use low fat dairy products.
6. Walk or exercise every day!
7. If you get a super-sized meal, share it with a friend or take half home.
8. Avoid buffets.
9. Ask for heart healthy menu items or for baked, broiled or steamed foods.
10. Skip the bread, rolls and tortilla chips.
11. Ask for salad dressing on the side. Use it sparingly if high in fat.
12. Put your fork down between bites. It takes 20 minutes for your stomach to signal to your brain that it's full.

Source: <http://www.cancer.org>



April Wellness Tips

Nutrition Tip

Be specific. If you made “eating better” your New Year’s Resolution, adjust your goal by making your resolution smaller, more specific. For instance, commit to “eating one more piece of fruit” or “adding more fiber” each day.

Fitness Tip

Standing leg exercises. Stand with your abs in and spine straight. Lift your left leg up until level with your hip. Hold for 5 seconds and repeat on the other side. Now, stay standing upright and lift your leg straight out to the side a few inches off the floor. Hold for 5 seconds and repeat on the other side. Complete these two exercises three more times on each side.

Health Tip

Fitness and Health—an inseparable

combination. Fitness refers to good health and overall well-being. Fitness contributes to every aspect of your health, not only your physical but your emotional and mental health, too. Being “fit” gives you strength, endurance, and stamina. It gives you the energy and a positive outlook to handle and manage everyday life. It puts you at reduced risk for many health problems. It affords you opportunities for a higher quality of life and longer life. And, fitness gives you the chance to look and feel your best.

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April is Alcohol Awareness Month

Forty-four percent of the adult U.S. population (aged 18 and over) are current drinkers. Although most people who drink do so safely, the minority who consume alcohol heavily produce an impact that ripples outward to encompass their families, friends and communities. The following statistics indicate the magnitude of problem drinking:

- Approximately 14 million Americans-7.4 percent of the population meet the criteria to have a diagnosis for alcohol abuse or alcoholism.
- More than 50% of American adults have a close family member who has or has had alcoholism.
- Approximately one in four children younger than 18 years old in the United States is exposed to alcohol abuse and/or dependence in the family.

Alcohol consumption has consequences for the health and well-being of those who drink and for their family and friends as well.

Alcoholism is a disease that includes the following four symptoms:

- Craving: A compulsion or a strong need to drink
- Loss of control: The inability to limit one's drinking on any occasion
- Physical dependence: Withdrawal symptoms, nausea, sweating, shakiness, and anxiety, occur when alcohol use is stopped after a period of heavy drinking
- Tolerance: The need to consume more alcohol in order to "get high"

People who are not alcoholic sometimes do not understand why an alcoholic does not just "use willpower" to stop drinking. Alcoholism has little to do with willpower. Alcoholics are in the grip of a powerful craving, or an uncontrollable need for alcohol that overrides their ability to stop drinking. The need for alcohol can be as strong as the need for food or water. Genetics can also be a factor. Scientists believe that having an alcoholic family member makes it more likely for a family member that chooses to drink to develop the same disease. A person's risk can also increase due to environment, family, friends, culture, peer pressure, and even how easy it is to get alcohol.

Although some people are able to recover from alcoholism without help, the majority of people with this disease need some type of assistance. With treatment and support, many individuals are able to rebuild their lives and stop drinking.

Source: <http://pubs.niaaa.nih.gov/publications/arh24-1/05-11.pdf>



Take this TRUE OR FALSE test to find out how much you really know about what drinking does to your body.

1. Alcohol is toxic to the human body.
2. Devouring a burger after drinking all night will help you sober up.
3. Alcohol, food, and non- alcoholic beverages are all digested the same way.
4. Taking a nap helps you sober up.
5. Alcohol doesn't affect your body's organs unless you get really drunk.
6. You can suffer alcohol withdrawal symptoms after your first time drinking.
7. As long as you've gotten a few hours of sleep, you'll be fine to drive the morning after you've been drinking.
8. Passing out can be life threatening.
9. Getting drunk will help you to perform better sexually.
10. Even though alcohol is a drug, you can't overdose on it.
11. Your family history can influence your drinking habits.
12. Every time you drink alcohol, you kill 10,000 brain cells.

ONE DRINK=



One 12 oz. beer at 4% alcohol



One 1.5 oz shot of hard liquor at 40% alcohol or 80 proof



One 5 oz. glass of wine at 11% alcohol

CALENDAR OF EVENTS

SPECIAL EVENT

PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS
DATE: 4/1/08 TIME: 11:30 AM & 12:45 PM
CTLL Presentation With Inspirational Speaker
Mac Robertson

SPECIAL EVENT

PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS
DATE: 4/15/08 TIME: 12:00 PM – 12:50 PM
CTLL Lunch time Wellness Seminar: **"Food & Exercise Feelings"**

SPECIAL EVENT

PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS
DATE: 4/22/08 TIME: 12:00 PM – 12:50 PM
CTLL Lunch time Wellness Seminar: **"Managing Diabetes"**

SPECIAL EVENT

PLACE: VINCENT E. GRIEGO COUNCIL CHAMBERS
DATE: 4/29/08 TIME: 11:30 AM & 12:45 PM
CTLL Lunch Time Wellness Seminar: **"Nutrition for Life"**



Answer Key for Quiz on Page 2:

- 1. TRUE** There is a limit to how much alcohol the human body can tolerate. When you drink too much, your blood alcohol level can rise to a point where it actually becomes poisonous.
- 2. FALSE** The liver can break down alcohol at a rate of about .5 oz. per hour, which is about half the alcohol in an average drink. Once alcohol is in your bloodstream, nothing can speed this rate. Not caffeine. Not food. Not water. You might be full, but you won't be any less drunk.
- 3. FALSE** Alcohol is not digested like other foods or beverages. It passes directly into the bloodstream through the tissue that lines the stomach and small intestine.
- 4. FALSE** Sleeping does not increase the rate at which your body can process the alcohol in your system. It will still be metabolized at .5 oz. per hour, even while you snooze. So you can wake up and still be drunk.

5. FALSE When you have an empty stomach, alcohol is absorbed into the bloodstream through the small intestine within about five minutes. As soon as it's in the bloodstream, it takes about 90 seconds for it to be carried to all of the body's organs, including the brain. So you don't have to be drunk for your whole body to be feeling alcohol's effects.

6. TRUE Alcohol, like other drugs, has withdrawal symptoms. The common hangover has symptoms like headache, nausea, dehydration, and the shakes similar to the symptoms of withdrawal from narcotics, like heroin, and depressants, like tranquilizers.

7. FALSE Your motor coordination can be affected for as many as ten hours after you finished your last drink. So before you get in the car to drive home the morning after a party, think twice about your ability to drive safely.

8. TRUE If you drink so much that you pass out, it's because the alcohol has caused your brain to start shutting down, resulting in your loss of consciousness. The amount of alcohol it takes to make you pass out is dangerously close to the amount of alcohol it takes to kill you.

9. FALSE Consumption of alcohol may loosen up your sexual inhibitions, but excessive drinking can cause impotence in men and decreased vaginal or clitoral sensation in women.

10. FALSE When you drink too much, that's the same thing as overdosing on alcohol. Alcohol is a depressant drug that slows the central nervous system, decreasing your heart and breathing rates and lowering your blood pressure. A dangerously high blood alcohol level can cause your heartbeat and breathing to stop altogether, which means you can die from drinking too much.

11. TRUE Children of alcoholics are three to four times more likely to become alcoholics themselves. So if you've got a family history of heavy alcohol use, you are at a greater risk of developing alcohol problems.

12. FALSE Not exactly. It's unlikely that a single drink will kill brain cells. However, long-term, chronic drinking can cause permanent memory loss and brain damage. Almost 70% of people in treatment for alcohol-related problems suffer severe impairment of memory formation, abstract thinking, problem solving, and ability to concentrate.

Source:

http://www.factsontap.org/factsontap/naked_truth/booze_truths.htm



Be Wise While Working Out

Working out at a gym full of the latest exercise equipment is good for your health, but learn how to work out safely before you jump on that stair machine or weight bench.

Get help

Before you begin an exercise program on your own or at the gym, find an exercise specialist or athletic trainer who can teach you safe workout techniques. Ask a gym staff member to show you the right way to use exercise equipment.

Stretch

Stretch before and after exercising to maintain your flexibility and help prevent injury. Stretching increases blood flow and loosens muscles. Don't bounce while stretching – it can tear muscle tissue. Hold stretches for 10 to 30 seconds for one to three repetitions.

Know when to stop

If you feel tightness in your chest, severe shortness of breath or dizziness, or if you have pain or swelling while exercising, stop your workout and talk with your doctor. However, you don't need to stop if you feel muscle soreness after starting a new exercise routine – that is normal.

Before you begin

Remember to talk with your doctor before beginning an exercise program. He or she can help you evaluate which types of exercise are best for you.

Source: CIGNA HealthCare Well-Being



Questions? Topics you would like us to discuss in City WellNews? Contact JD Maes, Health & Wellness Analyst, Human Resources Department.

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Fruit of the Month: Asian Pear



Asian pears are cousins to the pears that are typically seen in grocery stores, but this fruit is similar to an apple and its many names reflect that characteristic. Other names that this fruit is known by are: Chinese pear, Japanese pear, Sand, Nashi, and apple pear.

Recipe of the Month

Asian Pear Slaw with Chilies

Makes 6 servings

Each serving equals 1/2 cup of fruit or vegetables

Source: Chris Faulkner for Melissa's Variety Produce, Inc.

Ingredients

- 6 celery ribs
- 4 Tbsp fresh lime juice
- 4 Tbsp seasoned rice vinegar
- 1 tsp ginger root
- 6 Asian Pears, sliced 1/4-inch thick
- 3 scallions, thinly sliced on diagonal
- 1/4 cup Cilantro leaves
- 1/2 tsp Fresno chili or Jalapeno chili, finely chopped

Whisk together juice, vinegar, and ginger and stir in celery and remaining ingredients with salt and pepper to taste. Let stand at room temperature 15 minutes before serving.

Nutritional analysis per serving: Calories 67, Protein 2g, Fat 0g, Calories from Fat 0%, Cholesterol 0mg, Carbohydrates 17g, Fiber 1g, Sodium 52mg.

Source:

www.fruitsandveggiesmatter.gov/month/asian_pear.html

